I love the Instant weather and traffic. I don't drive any where without it, or get dressed without it Living in michigan, THE WEATHER CHANGES ALL THE TIME AND IT IS NICE TO KNOW THAT WHEN I TURN ON MY XM INSTANT WEATHER AND TRAFFIC THAT IS WHAT I GET. The only staion I use to listen to was am and the weather and traffic only came on at the 8 and at time I would miss it, and you can loose the stationat time as well. NOT with XM you don't. With xm now I'm not right in the middle of traffic as much any more and that is a great feeling less stress. Not only do I get how the traffic is right now on all the streets but also how the traffic is going to Canada. With the display screen I can also see the temp right now which you can not get from any other radio. I also have learned a lot on how to better my gas mileage and save my engine, with their infomercials. You don't get that with other stations. I PAY FOR MY XM RADIO AND I WANT THE INSTANT WEATHER AND TRAFFIC STATIONS TO STAY.